

# Heart Disease & Stroke

## Data:

- Risk for heart disease in our state is 21% above the national average, and earns Tennessee the ranking of 48th in this category.<sup>1</sup>
- In 2002, the age-adjusted heart disease death rate for Black Tennesseans (360.3 per 100,000) was 1.3 times the rate for White Tennesseans (275.3 per 100,000).<sup>2</sup>
- In 2002, the age-adjusted stroke death rate for Black Tennesseans (98.8 per 100,000) was 1 ½ times the rate for White Tennesseans (67.1 per 100,000).<sup>2</sup>

## Factors that contribute to heart disease and stroke

- Untreated hypertension (high blood pressure)
- Overweight and obesity
- High cholesterol
- Lack of regular physical activity (exercise)
- Diets high in fat

## Suggestions to prevent and control heart disease and stroke

- Eat a low salt, low fat diet
- Seek regular, quality medical care
- Increase physical activity (exercise)
- Avoid tobacco use
- Manage stress

## Tennessee Department of Health services to prevent and reduce suffering caused by heart disease and stroke

The Tennessee Department of Health has programs that work with communities and families to support the prevention and effective treatment of heart disease and stroke.

### Governor's Council on Physical Fitness and Health

The Governor's Council on Physical Fitness and Health was created in order to address the health and fitness needs of all Tennesseans and to promote healthy lifestyles for the state's citizens. The Council is also charged by the Governor to serve as a clearinghouse for information on health and physical fitness programs and make recommendations for such legislation as may be necessary and appropriate to further their goals. **FOR MORE INFORMATION, CALL YOUR LOCAL HEALTH DEPARTMENT OR CALL (615) 741-0380.**

### Tennessee Cardiovascular Health Program

The Tennessee Cardiovascular Health Program seeks to lessen the burden of cardiovascular disease and improve the cardiovascular health of Tennesseans through changes in policy and environment. Cardiovascular disease is the leading cause of death in Tennessee. Thus, the CV Health



Program promotes heart healthy lifestyles and addresses individuals, targeted risk groups, and whole populations. The emphasis is on prevention with awareness as a primary focus. There is a coordinated effort between state, public, private and volunteer health agencies being developed. **FOR MORE INFORMATION, CALL YOUR LOCAL HEALTH DEPARTMENT OR CALL (615) 741-0380.**

<sup>1</sup> America's Health: State Health Rankings, A Call to Action for People and their Communities, United Health Foundation. (Source: 1999 and 2002 data Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention.)

<sup>2</sup> 2002 Death Certificate Data, Tennessee Department of Health, Office of Policy, Planning, and Assessment.